Heart Rate Monitor User's Guide

Model No. PFMC99100

Congratulations for purchasing the new AccuRate™ heart rate monitor. To install and use the heart rate monitor, **read and follow all instructions in this user's guide.** For detailed instructions about using the heart rate monitor with your treadmill, refer to the user's manual included with your treadmill.

This device complies with Part 15 of the FCC rules. Operation is subject to the following conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by ICON Health & Fitness, Inc. could void the user's authority to operate this device.

⚠ WARNING

If you have an implanted medical device such as a pacemaker, check with your physician before using the heart rate monitor.

If you have heart problems, or if you are over 60 years of age and have been inactive, do not use pulse-driven programs.

If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

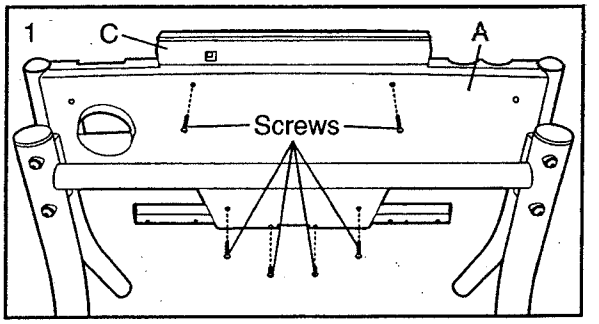
How to Install the Receiver

Before the heart rate monitor can be used, the included receiver must be installed. **Find the name of your treadmill in the grey boxes on pages 1 to 5, and install the receiver as described. If you do not find the name of your treadmill, choose the instructions that most closely resemble your treadmill.** Note: Your treadmill may not look exactly like the treadmills shown in the drawings.

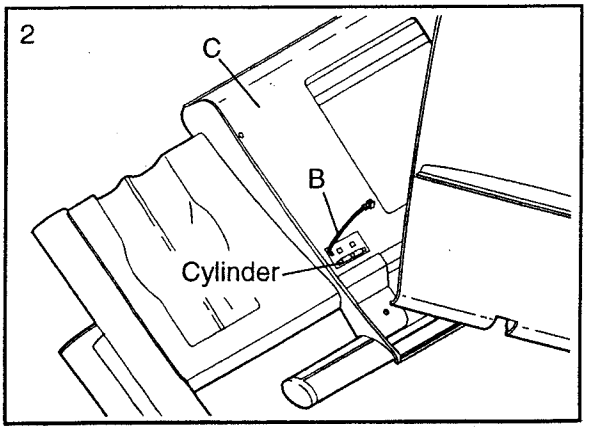
Follow the steps below to install the receiver in the following treadmills:

NordicTrack EXP 1000	NordicTrack EXP 1000i	NordicTrack APEX 4100	NordicTrack APEX 6100i
NordicTrack EXP 2000	NordicTrack EXP 2000i	NordicTrack APEX 4100i	NordicTrack APEX 6100xi
NordicTrack EXP 3000	NordicTrack EXP 3000xi	NordicTrack APEX 5100i	

1. **Make sure that the power cord is unplugged.** Remove the indicated Screws from the Console Back (A). **Important: The Screws may be different lengths. Keep track of which Screws were removed from which holes.**

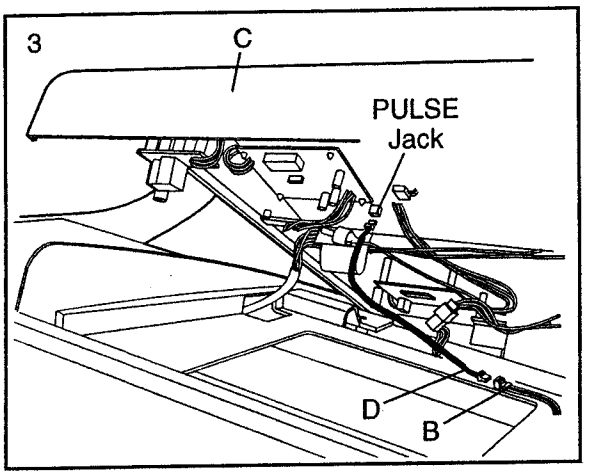


2. Peel the paper off the pad on the bottom of the Receiver (B). **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Base (C) in the indicated location.



3. Connect the Short Jumper Wire (D) to the wire on the Receiver (B). Connect the other end of the Short Jumper Wire to the PULSE jack on the back of the Console (C). If there is a wire already plugged into the PULSE jack, unplug it. Note: The included Long Jumper Wire can be discarded. The Wire Tie can be used to tie wires if needed.

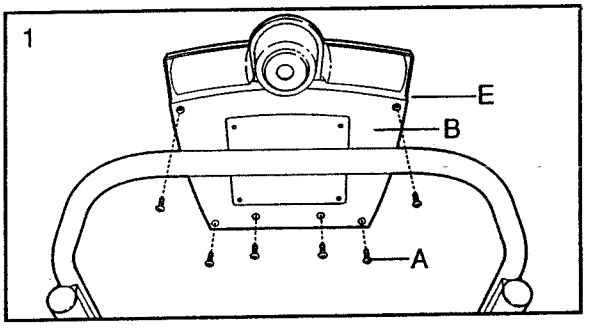
Make sure that no wires are pinched. See step 1. Reattach the Console (C) with the 1" Screws, 1 3/4" Screws, and 2" Screws. **Important: If the Screws are not put back into the same holes that they were removed from, the Console will be damaged.**



Follow the steps below to install the receiver in the following TREKKERS:

NordicTrack ADVENTURER PROFORM TRAIL RUNNER

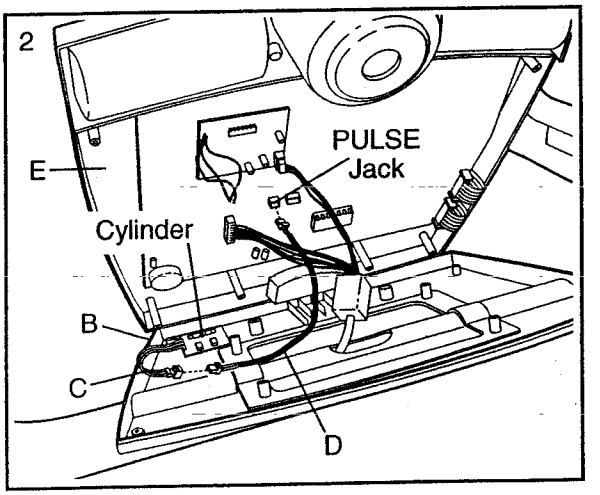
1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (A) from the Console Back (B).



2. Peel the paper off the pad on the bottom of the Receiver (C). **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Back (B) in the indicated location.

Connect the Short Jumper Wire (D) to the wire on the Receiver (C). Connect the other end of the Short Jumper Wire to the PULSE jack on the back of the Console (E). Note: The included Long Jumper Wire can be discarded. The Wire Tie can be used to tie wires if needed.

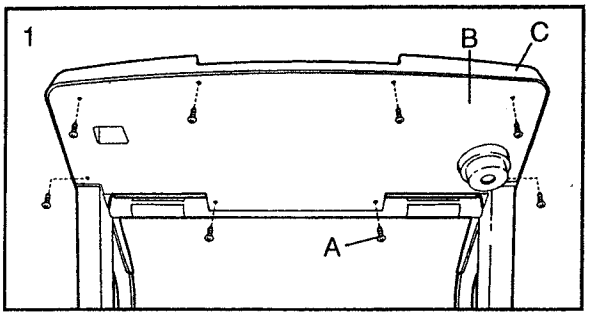
Make sure that no wires are pinched. See step 1. Reattach the Console Base (E) with the Screws (A).



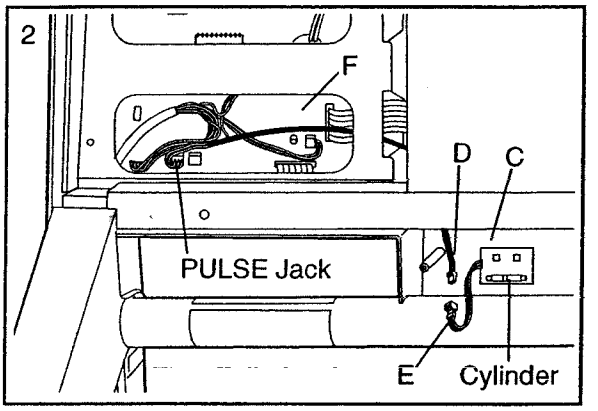
Follow the steps below to install the receiver in the following treadmill:

HealthRider S250i

1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (A) from the Console Back (B). Remove the Console Back from the Console Base (C).



2. Connect the Long Jumper Wire (D) to the wire on the Receiver (E). Feed the Long Jumper Wire through the holes with the other wires as shown. Connect the other end of the Long Jumper Wire to the PULSE jack on the back of the Console (F). If there is a wire already plugged into the PULSE jack, unplug it. **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver onto the back of the Console Base (C) in the indicated location. Note: The included Short Jumper Wire can be discarded. The Wire Tie can be used to tie wires if needed.

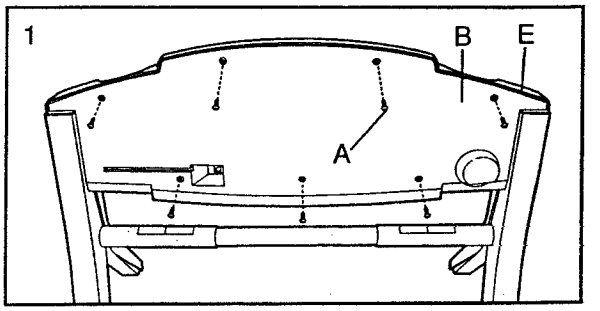


Make sure that no wires are pinched. See step 1. Reattach the Console Back (B).

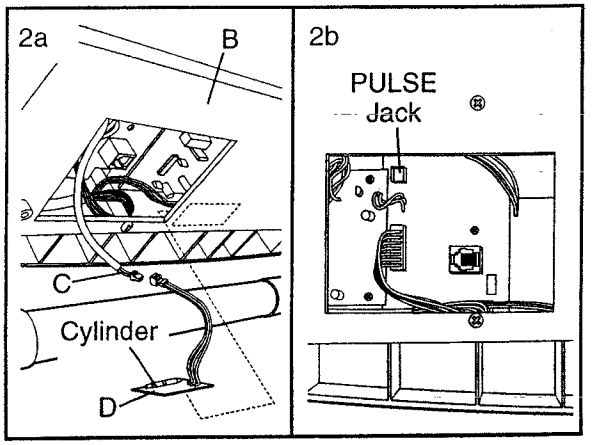
Follow the steps below to install the receiver in the following treadmills:

PROFORM 630DS **PROFORM 730CS** **PROFORM 735CS** **PROFORM 740CS** **PROFORM 745CS** **PROFORM 830QT** **PROFORM 835QT**

1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (A) from the Console Back (B). Remove the Console Back from the Console Base (E).



2. Connect the Short Jumper Wire (C) to the wire on the Receiver (D). Connect the other end of the Short Jumper Wire to the PULSE jack on the back of the Console (see drawing 2b). If there is a wire already plugged into the PULSE jack, unplug it. Next, peel the paper off the pad on the back of the Receiver (D). **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Base (B) in the indicated location. Note: The included Long Jumper Wire can be discarded. The Wire Tie can be used to tie wires if needed.

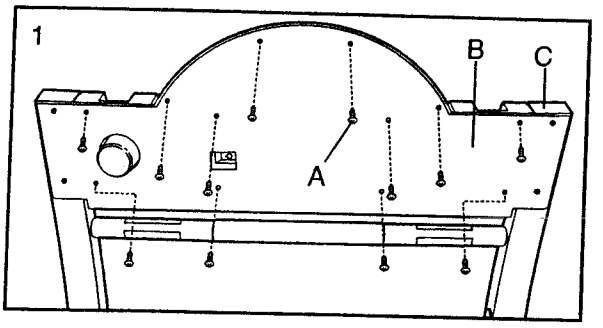


Make sure that no wires are pinched. See step 1. Reattach the Console Back (B) with the Screws (A).

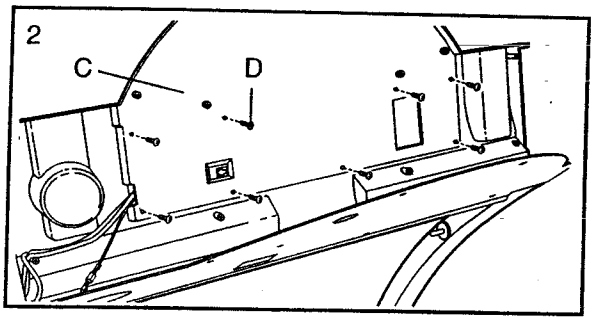
Follow the steps below to install the receiver in the following treadmills:

PROFORM PT6.0 PROFORM 725EX PROFORM 785EX PROFORM J8 PROFORM J8LI

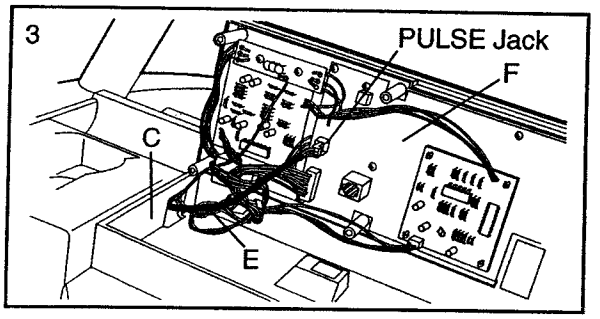
1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (A) from the Console Back (B). Remove the Console Back from the Console Base (C).



2. Have a second person hold the Console Base (C) as you remove the indicated Screws (D) from the Console Base.

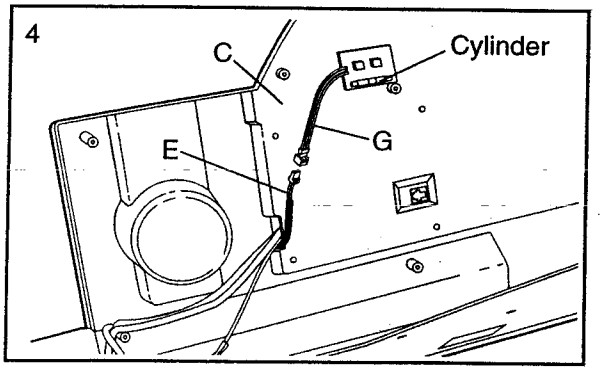


3. Connect the Long Jumper Wire (E) to the PULSE jack on the back of the Console (F). If there is a wire already plugged into the PULSE jack, unplug it. Feed the Long Jumper Wire through the hole in the side of the Console Base (C).



4. Connect the Long Jumper Wire (E) to the wire on the Receiver (G). Next, peel the paper off the pad on the back of the Receiver. **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver onto the back of the Console Base (C) in the indicated location. Note: The included Short Jumper Wire can be discarded. The Wire Tie can be used to tie wires if needed.

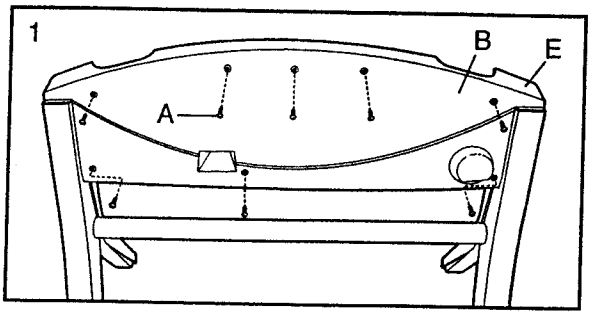
Make sure that no wires are pinched. See steps 2 and 1. Reattach the Console (F) and the Console Back (B).



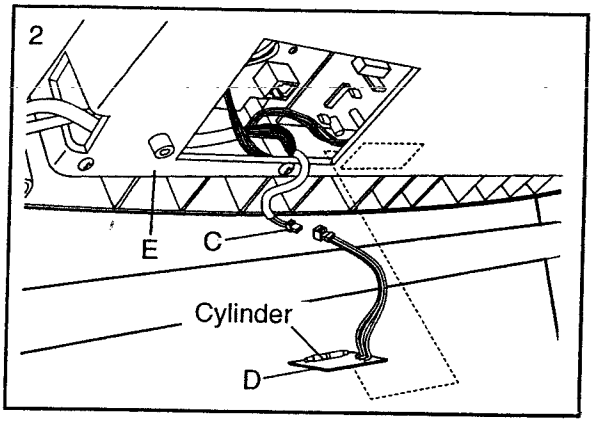
Follow the steps below to install the receiver in the following treadmill:

PROFORM 785SS **PROFORM 785Pi**

Note: If you have a PROFORM 785Pi or model number PFTL79100, please call 1-800-999-3756.



1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (A) from the Console Back (B). Remove the Console Back from the Console Base (E).



2. Locate the loose Pulse Wire (C) inside the Console Base (E). Connect the Pulse Wire to the wire on the Receiver (D). Next, peel the paper off the pad on the bottom of the Receiver (D). **Turn the Receiver so the small cylinder is on the side shown,** and press the Receiver into the bottom of the Console Base (E) in the location indicated by the dotted line. Note: The two included jumper wires can be discarded. The Wire Tie can be used to tie wires if needed.

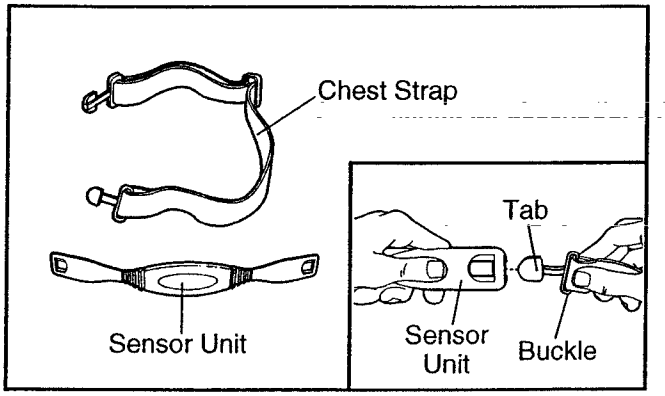
Make sure that no wires are pinched. See step 1. Reattach the Console Back (B) with the Screws (A).

How to Use the Heart Rate Monitor

The unique heart rate monitor is specially designed for accuracy, comfort, and durability. To get the best performance from the heart rate monitor, please read the instructions below.

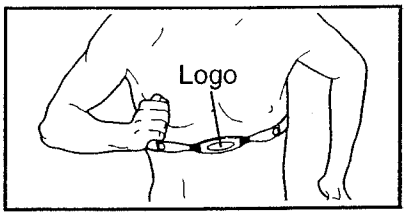
HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the heart rate monitor.

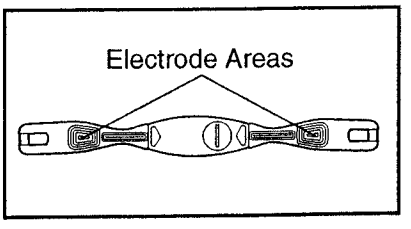


1 Refer to the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Make sure to press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the heart rate monitor around your chest. Attach the other end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.



3 Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

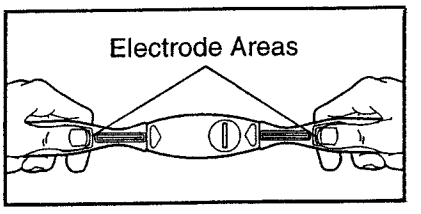


HEART RATE MONITOR TROUBLE-SHOOTING

If the heart rate monitor does not function properly, or if the displayed heart rate is excessively high or low, try the trouble-shooting steps below.

- Make sure that the heart rate monitor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly lower or higher on your chest.
- Make sure that the logo on the sensor unit is facing forward and is right-side-up.
- Each time you use the heart rate monitor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, make sure that you are near the center of the walking belt and within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the treadmill.
- If the heart rate monitor still does not function properly, test the heart rate monitor in the following way:

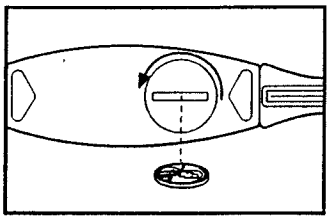
Hold the heart rate monitor and place your thumbs over the electrode areas as shown.



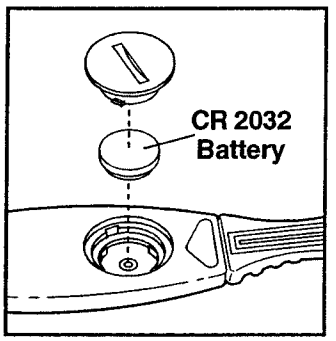
Next, hold the heart rate monitor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- If the heart rate monitor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.



HEART RATE MONITOR CARE

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and the heart rate monitor is put on; the heart rate monitor shuts off when it is removed and the electrode areas are dried. If the heart rate monitor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.

- Do not expose the heart rate monitor to direct sunlight for extended periods of time. Do not expose the heart rate monitor to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).

- Do not excessively bend or stretch the sensor unit when using or storing the heart rate monitor.

- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

Limited Warranty

WHAT IS COVERED—The HEART RATE MONITOR ("product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, or, at our option, we will replace the product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in this manual ("manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display models.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the product as specified in the manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

MANUAL—It is VERY IMPORTANT THAT YOU READ THIS MANUAL before using the product. Remember to follow the instructions specified in this manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the model number of your product. They will tell you how to get a part replaced, or advise you how to ship the product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you. No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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Part No. 170688 R0201A

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